

# MilLife Learning Program Content Guide

Updated May 2026



The following established style guidelines reflect the long-standing practices of developers and editors of content for MilLife Learning. They are consistent with the rules and guidance outlined in The Associated Press Stylebook and reflective of Office of Military Community and Family Policy style and usage preferences.

## Content Tips

- Write in a way that doesn't assume the reader is either male or female. Keep it neutral.
- Write in relationship-neutral terms, such as "partner" or "couple."
- Keep the wide audience range in mind.
- Make connections from what the course offers to the intended audience's needs.
- Write a call-to-action statement in course descriptions.
- Use an action verb to start rotating panel and module content.

## Things to Avoid

- Make assumptions.
- Tell people how they feel.
- Tell people what they should/need to/must/ought to/can't/won't do.
- Tell people what they should always/never do.

## Abbreviations and Acronyms

| Abbreviation or acronym | Full title                                                                                                                                                |
|-------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|
| DIMS                    | Defense Installation Messaging System<br>Courses:<br><a href="#">Defense Installation Messaging System (DIMS)</a><br><a href="#">DIMS Do's and Don'ts</a> |
| EFMP                    | Exceptional Family Member Program<br>Course: <a href="#">Exceptional Family Member Program</a>                                                            |
| eSAT                    | eSponsorship and Application Training course<br>Course: <a href="#">eSponsorship Application and Training (eSat)</a>                                      |



| Abbreviation or acronym | Full title                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| IPPI-RAT                | <p>Intimate Partner Physical Injury Risk Assessment Tool Training</p> <p>Course: <a href="#">Intimate Partner Physical Injury Risk Assessment Tool Training</a></p>                                                                                                                                                                                              |
| OSBR                    | <p>Online Survivor Benefits Report</p> <p>Course: <a href="#">Online Survivor Benefits Report</a></p>                                                                                                                                                                                                                                                            |
| PAAS                    | <p>Personnel Accountability and Assessment System</p> <p>Course: <a href="#">Personnel Accountability</a></p>                                                                                                                                                                                                                                                    |
| REACH                   | <p>REACH Facilitator Training</p> <p>Course: <a href="#">REACH Facilitator Training</a></p>                                                                                                                                                                                                                                                                      |
| SOCAT                   | <p>Special Operations Cognitive Agility Training</p> <p>Course: <a href="#">Special Operations Cognitive Agility Training</a></p>                                                                                                                                                                                                                                |
| TAR                     | <p>Tasking, Assignments and Reporting System</p> <p>The TAR is the system where the government tasks vendors and vendors respond to tasks, as well as post assignments and reports.</p> <p>Courses:</p> <ul style="list-style-type: none"> <li><a href="#">How to Use the TAR Search Feature</a></li> <li><a href="#">Making the TAR Work for You</a></li> </ul> |

## Preferred Terms

| Acceptable                                  |
|---------------------------------------------|
| military life instead of military lifestyle |
| some or many instead of most or all         |
| can or may, or might instead of will or are |



## Acceptable

often or generally instead of always

tend to instead of usually

partner, spouse instead of husband, wife

course, training instead of class, e-tutorial, webinar

slow internet connection instead of unreliable, intermittent, spotty or slow-speed (regarding internet connection)

## Definitions

| Term             | Definition                                                                                                                                                                             |
|------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| OneOp            | OneOp, formerly the Military Families Learning Network, is a professional development platform for providers who serve military families.                                              |
| MilLife Learning | MilLife Learning provides self-directed quality of life courses for service members, reserve component members and veterans, along with their family members. Accessible online, 24/7. |

## Official Resources

Military OneSource websites

- [MilLife Learning](#)